

Using a good dictionary, define each of your defects of character (or survival skills)

C) Using a good dictionary (or an antonym dictionary), list and define the opposite (antonym) of each of your defects of character

D) After reviewing the A-C with your sponsor, answer the 6 questions below, for each defect/survival skill:

- 1) The defect of character or survival skill is:  
\_\_\_\_\_
- 2) Two (2) examples of this defect/survival skill in action in my life recently are:  
(If you cannot think of two recent examples, the defect is apparently not defining your character, and should come off the list.)
- 3) How does this defect/survival skill harm you and keep you from being happy?
- 4) How does it affect others adversely, and block intimacy or put people off?
- 5) Are you ready to have your Higher Power remove this defect & learn to live without it by accepting that your Higher Power has already given you the ability to choose to replace the defect with its opposite (e.g., replacing greed with generosity), and then doing so?
- 6) If not, what are you gaining by holding on to it?  
After going over the above with your sponsor, make a set of "3 X 5" index cards, and on each card place one defect on the front and its opposite on the back. Then each day look at both sides of ONE card, and for that day consciously look for that defect in your thinking, attitude, and behavior, and strive to replace that defect with its opposite.

That's it – simple, straight-forward, powerful, and – I hope – useful. Let me know your experience with this.